

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin A, RAE (µg)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: November 24, 2015 22:18 EST

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	2581
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	2581
11683	Carrot, dehydrated	74.0	1.0 cup	2533
11655	Carrot juice, canned	236.0	1.0 cup	2256
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	1922
11424	Pumpkin, canned, without salt	245.0	1.0 cup	1906
11846	Pumpkin, canned, with salt	245.0	1.0 cup	1906
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	1836
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1619
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	1445
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	1323
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	1235
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	1235
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1144
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1144
11426	Pumpkin pie mix, canned	270.0	1.0 cup	1120
11514	Sweet potato, canned, mashed	255.0	1.0 cup	1109
11124	Carrots, raw	128.0	1.0 cup chopped	1069
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	1061
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	1049
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	1017
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	978
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	978
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	956
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	956
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	950
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	945
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	945

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	943
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	943
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	943
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	914
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	912
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	898
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	885
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	885
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	882
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	875
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	865
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	860
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	815
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	815
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	763
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	754
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	745
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	742
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	738
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	738
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	738
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	737
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	722
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	722
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	718
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	718
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	706
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	706
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	704
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	704
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	703
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	703
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	696
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	687
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	687
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	686

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	573
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	573
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	552
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	552
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	549
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	549
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	536
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	536
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	535
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	535
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	531
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	531
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	494
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	490
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	472
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	472
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	454
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	441
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	436
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	434
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	429
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	401
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	401
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	381
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	377
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	366
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	360
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	360
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	359
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	332
11658	Spinach souffle	136.0	1.0 cup	332
11568	Turnip greens, raw	55.0	1.0 cup, chopped	318
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	313
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	313
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	307
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	307

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11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	294
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	290
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	279
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	271
11616	Dock, raw	133.0	1.0 cup, chopped	266
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	255
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	255
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	253
11297	Parsley, fresh	60.0	1.0 cup chopped	253
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	241
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	234
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	225
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	225
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	221
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	209
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	205
11190	Cornsalad, raw	56.0	1.0 cup	199
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	198
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	195
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	195
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	193
11974	Grape leaves, raw	14.0	1.0 cup	193
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	189
11613	Borage, raw	89.0	1.0 cup (1" pieces)	187
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	183
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	183
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	176
11978	Peppers, ancho, dried	17.0	1.0 pepper	174
11203	Cress, garden, raw	50.0	1.0 cup	173
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	157
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	157
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	156
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	147
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	147
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	146
11656	Corn pudding, home prepared	250.0	1.0 cup	142

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11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	141
11457	Spinach, raw	30.0	1.0 cup	141
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	138
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	133
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	130
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	130
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	130
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	130
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	129
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	129
11525	Taro, tahitian, raw	125.0	1.0 cup slices	128
11982	Peppers, pasilla, dried	7.0	1.0 pepper	125
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	121
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	121
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	121
11086	Beet greens, raw	38.0	1.0 cup	120
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	120
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	118
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	118
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	117
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	117
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	116
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	115
11147	Chard, swiss, raw	36.0	1.0 cup	110
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	107
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	107
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	107
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	106
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	106
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	105
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	105
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	104
11960	Carrots, baby, raw	15.0	1.0 large	104
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	102
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	101
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	101

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11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	101
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	100
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	100
11015	Asparagus, canned, drained solids	242.0	1.0 cup	99
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	99
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	98
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	97
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	95
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	95
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	94
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	94
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	94
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	94
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	94
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	92
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	92
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	91
11161	Collards, raw	36.0	1.0 cup, chopped	90
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	90
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	89
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	89
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	89
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	86
11270	Mustard greens, raw	56.0	1.0 cup, chopped	85
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	84
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	84
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	83
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	83
11152	Chicory greens, raw	29.0	1.0 cup, chopped	83
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	83
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	83
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	81
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	81
11414	Potato salad, home-prepared	250.0	1.0 cup	80
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	80
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	80

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11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	79
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	79
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	79
11231	Jute, potherb, raw	28.0	1.0 cup	78
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	75
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	74
11969	Broccoli, chinese, cooked	88.0	1.0 cup	72
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	72
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	72
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	71
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	71
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	71
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	70
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	70
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	70
11446	Seaweed, laver, raw	26.0	10.0 sheets	68
11520	Taro leaves, raw	28.0	1.0 cup	67
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	66
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	66
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	66
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	66
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	66
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	65
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	65
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	64
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	64
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	64
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	64
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	64
43144	Cabbage, mustard, salted	128.0	1.0 cup	63
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	63
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	61
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	61
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	60
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	60
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	60

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11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	59
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	58
11527	Tomatoes, green, raw	180.0	1.0 cup	58
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	58
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	57
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	57
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	57
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	57
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	56
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	56
11304	Peas, green, raw	145.0	1.0 cup	55
11591	Watercress, raw	34.0	1.0 cup, chopped	54
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	54
11549	Tomato products, canned, sauce	245.0	1.0 cup	54
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	54
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	53
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	53
11096	Broccoli raab, raw	40.0	1.0 cup chopped	52
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	52
11011	Asparagus, raw	134.0	1.0 cup	51
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	51
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	51
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	51
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	50
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	50
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	50
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	50
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	50
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	49
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	49
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	48
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	48
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	48
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	48
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	47
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	45

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	45
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	44
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	43
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	43
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	42
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	41
11003	Amaranth leaves, raw	28.0	1.0 cup	41
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	40
11199	Yardlong bean, raw	91.0	1.0 cup slices	39
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	39
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	39
11418	Pumpkin leaves, raw	39.0	1.0 cup	38
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	36
11278	Okra, raw	100.0	1.0 cup	36
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	36
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	35
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	35
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	34
11098	Brussels sprouts, raw	88.0	1.0 cup	33
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	33
11964	Nopales, cooked, without salt	149.0	1.0 cup	33
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	33
11667	Seaweed, spirulina, dried	112.0	1.0 cup	32
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	32
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	32
11416	Pumpkin flowers, raw	33.0	1.0 cup	32
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	32
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	31
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	31
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	31
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	30
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	29
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	29
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	29
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	29
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	29

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	28
11090	Broccoli, raw	91.0	1.0 cup chopped	28
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	28
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	28
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	27
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	27
11213	Endive, raw	25.0	0.5 cup, chopped	27
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	27
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	27
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	27
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	26
11986	Malabar spinach, cooked	44.0	1.0 cup	26
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	26
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	25
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	24
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	24
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	24
11955	Tomatoes, sun-dried	54.0	1.0 cup	24
11212	Edamame, frozen, prepared	155.0	1.0 cup	23
11450	Soybeans, green, raw	256.0	1.0 cup	23
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	23
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	23
11741	Broccoli, stalks, raw	114.0	1.0 stalk	23
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	22
11143	Celery, raw	101.0	1.0 cup chopped	22
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	22
11973	Beans, fava, in pod, raw	126.0	1.0 cup	21
11976	Pepper, banana, raw	124.0	1.0 cup	21
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	20
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	20
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	20
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	20
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	20
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	20
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	20
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	20

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	20
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	20
11963	Nopales, raw	86.0	1.0 cup, sliced	20
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	20
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	19
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	19
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	19
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	19
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	19
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	19
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	18
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	18
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	18
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	18
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	18
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	17
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	17
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	17
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	17
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	17
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	17
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	17
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	16
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	16
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	16
11943	Pimento, canned	12.0	1.0 tbsp	16
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	16
11941	Pickles, cucumber, sour	155.0	1.0 cup	16
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	15
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	15
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	15
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	15
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	15
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	15
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	14
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	14

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11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	14
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	14
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	14
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	14
11970	Cabbage, napa, cooked	109.0	1.0 cup	14
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	14
11145	Celtuce, raw	8.0	1.0 leaf	14
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	14
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	14
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	14
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	14
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	13
11693	Tomatoes, crushed, canned	121.0	0.5 cup	13
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	13
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	13
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	12
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	12
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	12
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	12
11292	Onions, young green, tops only	6.0	1.0 tbsp	12
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	12
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	12
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	11
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	11
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	11
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	11
11981	Peppers, hungarian, raw	27.0	1.0 pepper	11
11975	Grape leaves, canned	4.0	1.0 leaf	11
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	10
11601	Yam, raw	150.0	1.0 cup, cubes	10
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	10
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	10
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	10
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	10
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	10

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11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	10
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	10
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	9
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	9
11945	Pickle relish, sweet	15.0	1.0 tbsp	9
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	8
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	8
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	8
11980	Peppers, chili, green, canned	139.0	1.0 cup	8
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	8
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	8
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	8
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	8
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	8
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	8
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	8
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	8
11118	Cabbage, kimchi	150.0	1.0 cup	8
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	7
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	7
11349	Poi	240.0	1.0 cup	7
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	7
11615	Chives, freeze-dried	0.2	1.0 tbsp	7
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	7
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	7
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	7
11156	Chives, raw	3.0	1.0 tbsp chopped	7
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	6
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	6
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	6
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	6
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	6
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	5
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	5
11878	Taro, cooked, with salt	132.0	1.0 cup slices	5

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11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	5
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	5
11965	Cauliflower, green, raw	64.0	1.0 cup	5
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	5
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	5
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	5
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	5
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	5
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	5
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	5
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	5
11109	Cabbage, raw	89.0	1.0 cup, chopped	4
11949	Catsup, low sodium	17.0	1.0 tbsp	4
11935	Catsup	17.0	1.0 tbsp	4
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	4
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	4
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	4
11518	Taro, raw	104.0	1.0 cup, sliced	4
43146	Eggplant, pickled	136.0	1.0 cup	4
11953	Squash, zucchini, baby, raw	16.0	1.0 large	4
11620	Drumstick pods, raw	100.0	1.0 cup slices	4
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	4
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	3
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	3
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	3
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	3
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	3
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	3
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	3
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	3
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	3
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	3
11987	Mushrooms, oyster, raw	148.0	1.0 large	3

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11106	Butterbur, (fuki), raw	94.0	1.0 cup	3
11080	Beets, raw	136.0	1.0 cup	3
11241	Kohlrabi, raw	135.0	1.0 cup	3
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	3
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	3
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	3
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	3
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	2
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	2
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	2
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	2
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	2
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	2
11959	Arugula, raw	2.0	1.0 leaf	2
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	2
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	2
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	2
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	2
11134	Cassava, raw	206.0	1.0 cup	2
11954	Tomatillos, raw	34.0	1.0 medium	2
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	2
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	2
11958	Pickle relish, hamburger	15.0	1.0 tbsp	2
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	2
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	2
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	2
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	2
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	2
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	2
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	2
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	2
11248	Lentils, sprouted, raw	77.0	1.0 cup	2
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	2
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	2

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	1
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	1
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	1
11522	Taro shoots, raw	43.0	0.5 cup slices	1
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	1
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	1
11603	Yambean (jicama), raw	120.0	1.0 cup slices	1
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	1
11697	Arrowroot, raw	120.0	1.0 cup, sliced	1
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	1
11944	Pickle relish, hot dog	15.0	1.0 tbsp	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	1
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	1
11209	Eggplant, raw	82.0	1.0 cup, cubes	1
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	1
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	1
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	1
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	1
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	1
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	1
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	1
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	1
11151	Chicory, witloof, raw	53.0	1.0 head	1
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0
11952	Radicchio, raw	40.0	1.0 cup, shredded	0
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0
11984	Epazote, raw	0.8	1.0 tbsp	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
43406	Yeast extract spread	6.0	1.0 tsp	0
11215	Garlic, raw	136.0	1.0 cup	0
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0
11141	Celeriac, raw	156.0	1.0 cup	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0
11005	Arrowhead, raw	25.0	1.0 large	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0
11362	Potatoes, raw, skin	38.0	1.0 skin	0
11429	Radishes, raw	116.0	1.0 cup slices	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0
11216	Ginger root, raw	2.0	1.0 tsp	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0
11122	Cardoon, raw	178.0	1.0 cup, shredded	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0
11230	Pepeao, dried	24.0	1.0 cup	0
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
11154	Chicory roots, raw	60.0	1.0 root	0
11108	Butterbur, canned	124.0	1.0 cup, chopped	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
11961	Hearts of palm, canned	146.0	1.0 cup	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0
11282	Onions, raw	160.0	1.0 cup, chopped	0
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0

NDB_No	Description	Weight(g)	Measure	Vitamin A, RAE(µg) Per Measure
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0
11413	Potato flour	160.0	1.0 cup	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0

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11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0
11618	Eppaw, raw	100.0	1.0 cup	0
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0